



DEB  PALMER GEORGE

WHOLE LIFE THRIVING

YOUR THRIVING NATURE

CHOICE

BONUS MATERIAL • PRACTICES & TOOLS

Choice is conscious action, words and deeds that flow from our natural power. Choice is a combination of mind-body-spirit that like the stick and stone that sparked the first fire, ignites our engagement with our life and our world.

- from *Your Thriving Nature, Connect with Your Innate Wisdom and Wholeness*

Overview

We are powered by our life-force. Our lives are made up of ever-changing conditions and ever-present choices.

The nature of being alive is to flow through stages and phases. It is there in our inhailes and exhales, the rise and fall of the tides, what is in fashion and what is out, a snake shedding its skin, the color of a leaf in April versus in October.

The examples are endless and evident if you look carefully at life outdoors and indoors as well. This flow presents choice in every moment.

We get to choose how we acknowledge, experience, engage, and learn from all that arises within us and around us. As circumstances arise before us we may or may not find those circumstances appealing.

That's ok, we don't have to like everything, we just have to respond in ways that are life-affirming.

This means that we seek opportunities in the moment to meet the experience from our wholeness. This is how gratitude is embedded in choice. We are grateful, not for what happens to us (or "for us" as is sometimes said) but rather for the power within us to choose our response.

Gratitude that even in the worst of circumstances, we can choose from our own dignity and choose to uphold the dignity of others. Gratitude that even in the best of circumstances, we can choose generosity and joy instead of clenching or fear of loss.

Choice happens only in the moment. It begins with awareness, followed by understanding, followed by possibility, followed by action, followed by experience, followed by integration of the experience.

Choice, like the other elements of *Whole Life Thriving*, is a practice. Following are practices to support you in making life-affirming choices that flow from your innate wholeness and wisdom.

Choice Practices

Do a one week resource log

Choices are what we do with our resources in the situations that arise in every moment of our lives. Those resources include our time, relationships, money & materials, and nourishment.

Too often our daily choices do not align with our intentions for our lives—hence we are disconnected from thriving.

The attached time log is an awareness-building tool to help you identify where your resources are dedicated to what matters most and where you might use your resources differently to enhance thriving.

Try a daily intention and reflection practice

Soon after waking, find a quiet place with a notebook or electronic planner. Connect with your breath and consider the following questions:

What are the top 3 commitments I've made to myself and others today?
(These may be appointments, activities, or projects on your own or with others)

What values and strengths will I bring to each?

Imagining myself at the end of the day, what choices will I be grateful to have made?
(These may be choices within yourself or in interactions with others)

At the end of the day, find a quiet place with the same notebook or electronic planner and consider the following questions:

What choices am I most grateful to have made today?
(These may be simple for example, "I'm grateful to have had water with lunch" or "I'm grateful for the conversation with my project partner.")

What do my choices remind me that I value or care about?

Intentions

Find a comfortable, quiet space to consider the following questions.

What does empowering choice mean to me?

How has choice already served me, and how can I build on what has served me going forward?

Why am I ready to practice choice differently or more deeply? What values or beliefs will this practice help me to embody?

What immediate favorable actions will I take to cultivate choice in my life?

How will I support myself in taking these actions? Who or what might support me?
